

IVF Support

Four tailor made sessions to help you through IVF

The aims of these sessions are to be a source of courage and strength to go through assisted conception. They equip you with fortitude to face the upcoming challenges.



IVF can be stressful and emotionally draining.
Psychological support is vital at this crucial time.

Deciding to go for IVF is a decision that a lot of couples make. However in order to increase your success rate it is important to create a positive environment and maintain high levels of motivation. These four sessions are a combination of different treatments, which in their own right aids the chances of conception. Together they create a dynamic fusion to maximize your chances of procreation.

The sessions consist of:

- Fertility Massage
- Reproductive Reflexology
- Stress reduction and increased relaxation through guided visualization and conscious conception
- Self help tools to help you in-between sessions at home.

Session timings

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| Session 1 | The first session can begin at anytime before IVF is about to start. |
| Session 2 | This session is during the time of stimulation and boosting the egg supply. |
| Session 3 | The third session is before the embryo transfer. |
| Session 4 | This session is either during the two-week wait or after the IVF results. |
| Ongoing | Thereafter sessions are also available tailored to suit your needs. |



Giving birth is a true miracle. The more relaxed you are the more consciously you will bring a new life into this world.

Objective of every individual session

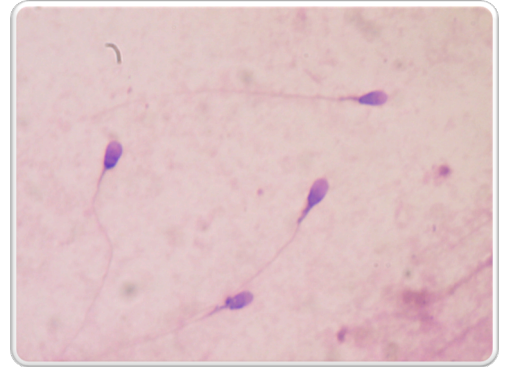
Session one aims to create a healthy mental attitude and to build your inner resources to prepare you for IVF. The key is to reduce your stress and anxiety levels and enhance relaxation.

Session two helps to create a positive environment where you can manage the administration of drugs and increase the effectiveness by responding positively. Support is also given to decrease the negative side effects and create emotional stability. The aim is to help create healthy viable eggs and to prepare for egg collection.

Session three is to prepare the womb to receive the embryos with the aim to increase the chances of implantation. The main area of work here is to increase the blood flow to the uterus to provide a perfect nest for the arrival of your embryo.

Session four aims to increase your levels of calmness and relaxation during the two-week wait in preparation of your IVF results. This session facilitates you to rest and maintain stillness. The focus here is to be healthy and build inner resources to cope with the outcome of the IVF treatment.

Ongoing sessions can be tailor made to suit your individual needs.



Hope is wonderful emotion you must never loose.

Some people seem to conceive so easily and they don't seem to appreciate how difficult it can be for others. If you have reached this far it definitely means you are determined and persistent. These are wonderful qualities that will make you good parents. Just be patient and make the best of this long journey through IVF by maintaining your positivity and resilience.

The Birthing Dance – a poem by the author of Fertility Poetry Judie C. Rall

Come to me, My Child, Secret longing of my inner heart, Breath of spirit, Wandering the cosmos
Choosing your next life path, Seeking sanctuary in my womb, Visions of you stir my dreams
Your gentle essence drifting inward, Merging into matter, Coming into consciousness
Birthing into being, Your tender wisdom speaks, The ancient knowledge of a mother's power
Our bodies grow together, Two as one, Turning round, in birthing dance
You lead me, Opening the circle corridor, Descending into unhindered ecstasy
Into my arms